

# The Flu

## Caring for Influenza at home

The symptoms include **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills** and **fatigue**, and sometimes **diarrhea** and **vomiting**.

### How to Care for the Flu at Home

Most people with Influenza recover without medication. The following information can help you provide safe at home care for sick persons during a Flu outbreak or Flu pandemic.

Get plenty of **rest**.

Drink clear **fluids** to keep from being dehydrated.

**Check with your health care provider** about any special care you might need if you are pregnant or have a health condition such as diabetes, heart disease asthma or emphysema. Your doctor may want to prescribe antiviral medications for you.

**Be watchful** for warning signs that might indicate that you need to seek medical attention.\*

\* **Warning signs include:** *Adults:* Difficulty breathing or shortness of breath, Pain or pressure in the chest or abdomen, Sudden dizziness, Confusion, Severe or persistent vomiting, Flu-like symptoms that improve but then return with fever and worse cough. *Children:* Fast breathing or trouble breathing, Bluish or gray skin color, Not drinking enough fluids, Severe or persistent vomiting, Not waking up or not interacting, Irritability and not wanting to be held, Flu-like symptoms that improve but then return with fever and worse cough.

### How to Lessen the Spread of the Flu at Home

The main way that Influenza viruses spread is from person to person in respiratory droplets of coughs or sneezes. To lessen the spread of Influenza, you should:

**Cover** coughs and sneezes with disposable tissue or your elbow.

**Avoid close contact with others while you are sick.** Individuals can be infectious for up to **7 days** from onset of illness.

**Wash your hands often** with soap and water or an alcohol-based hand rub, especially after using tissues and after coughing or sneezing into hands. Have everyone in the household wash their hands often.

Anyone who is at high risk for complications from Influenza\*\* should avoid close contact (within 6 feet) with household members who are sick. Infants should not be cared for by sick family members.

\*\* These include Pregnant women, people 65 and older with underlying health conditions and people with weakened immune systems, chronic medical conditions and young children.

**For more information or vaccine locations, please call the Flu Hotline at 877-764-2670 or visit [www.StopTheSpreadAZ.org](http://www.StopTheSpreadAZ.org)**



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